



## Did you know?

Drinking alcohol is one of the few risk factors for breast cancer that a woman can do something about.

If you choose to drink alcohol, *limit* yourself to no more than **2** drinks per day, and follow the weekly *limits* of **9** drinks for women and **14** drinks for men.



Low risk drinking... maximize life...minimize risk

For more information call 549-1232 ext. 508 or visit [www.lrdg.net](http://www.lrdg.net)